

August 8, 2003

Integrated Design Electronics Academy
LtC. William Dexter
1027 45th Street, NE
Washington, DC 20019

Dear Mr. Dexter:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the USDA nutrient standards. The assessment was made for the Traditional Meal Pattern with the nutrient standards established for grades 4 through 12.

Key highlights from your review:

- Meal pattern requirements for portion sizes and components are being met both daily and weekly.
- Your menu has good fruit and vegetable variety during the week.

Production records with planned numbers for all menu items, including condiments and milks, were not available. Instead, the delivery tickets with the quantity order recorded were used for all menu items for the analysis. This does have an effect on the accuracy of the analysis of your menu. For example, during the on-site visit we observed that only a few students took milk during lunch. However, the delivery ticket for the week of review indicates 8 oz of milk for *all* students. A production record would indicate that you are offering milk by having it on the production record, but the planned number would be 10 servings of milk if you expect only approximately ten students to take it. In addition, the recipes provided by the caterer are not standardized and some yields and portion sizes needed to be estimated. See the Plan of Action below for more information.

Based on the documentation you provided, the analysis for the week of review indicates your menus are elevated in total fat, saturated fat, and total calories. The attached

nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for improvement. Since you have your meals vended from Copious catering, you will need to coordinate with them to make any necessary changes.

Plan of Action Meal Pattern and Nutrition Standards Compliance	
Observations/Finding	Recommendations
No production records. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain production records.	Production records with planned numbers must be kept. All menu items, including varieties of milk and all condiments need to be recorded with planned, served and leftover numbers recorded. The planned number reflects an estimate of how much of each menu item is expected to be taken by the students – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded. These records must show how the meals contribute to the required food components, and how the meals contribute to the nutrition standards.
<p>Total Fat (TF): The analysis shows TF at 36.62%</p> <p>Saturated Fat (SF): The combined analysis of breakfast and lunch shows SF at 11.80%.</p>	<p>Have caterer:</p> <ul style="list-style-type: none"> ♦ Provide 1% white and chocolate milks, or nonfat milk, which is lower in fat than the whole milk you currently offer. ♦ Eliminate margarine as a seasoning for vegetables. ♦ Use low fat and/or nonfat salad dressings. ♦ Modify recipes - example: use low fat or nonfat mayonnaise in the coleslaw, and use less of it. ♦ Use fries that are baked instead of deep fried. ♦ Avoid too many high fat items in one day's menu i.e. – Sub sandwich with mayonnaise, potato chips, and coleslaw all in same menu. ♦ Standardize recipes with all ingredients measured, with correct yields and accurate portion sizes so analysis reflects true nutrient content.

Only one type of milk served at lunch. Federal regulations (7CFR 210.10 (m) (1) requires a variety of milk be served.	Serve an assortment of 1% white milk, 1% chocolate milk, or nonfat milk at lunch.
Total Calories: the average daily Calorie level of 1022 Calories is 130% of the target of 785 for this age range.	The increasing trend of obesity in our children requires excess calories offered to students should be avoided. Modifying the menu to reduce the fat and saturated fat will also reduce the overall caloric content.

These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell
State Director

cc: Carroll Travers